

## 1990 PROFESSIONAL SEMINAR OVERVIEW

As the 1990 Professional Seminar convened on July 21st at The Monroe Institute Center, members quickly realized that Hemi-Sync's reputation and recognition had achieved a new level of success in the world. Echoing the seminar theme, "Expansion and Integration," feature presenters demonstrated this wider acceptance of the Hemi-Sync technology into established institutional systems and practices, such as corporate culture, teenagers in special education, psychiatry, and retail services.

Work with developmentally disabled children revealed the startling impact of Hemi-Sync in improving sensory integration. Reports on other research in progress by Professional Division members included the enhancement of animal environments, pain management, and the publication of a practical guide to Hemi-Sync application for lay people.

A report on the Brainmapping Project offered the most current findings at TMI on the correlation between brain waves and consciousness states. And, for the first time, independently acquired Hemi-Sync brain mapping data was presented, revealing fascinating comparisons. Advanced understanding of Hemi-Sync's influence on human neurophysiology may also be available through dynamical analysis, as suggested in an intriguing presentation on chaos theory and brain function. Technological discussions concluded with a briefing on the current hardware development program at TMI which included a preview of two new Hemi-Sync devices, the Explorer I, and the Sleep Processor prototype. (The availability of these and future devices will be announced when production dates are established. Watch for bulletins in the TMI FOCUS.)

The upgraded Center facilities provided added comfort during the week, and a tour of the TMI laboratory introduced members to new hardware and software installed in both the research lab and audio production studio during the past year. Meeting with the group, Bob Monroe described the concepts of the *Timeout* and *LIFELINE*® programs slated for release in 1991. *Timeout* is designed to aid individuals in achieving deep and productive sleep, and Lifeline will offer assistance to those making the transition from physical life. (Details on both of these programs will be published at a later date.) The open house at the home of Nancy and Bob Monroe, a recently established tradition of the Professional Seminar, was enjoyed by everyone.

Members took great advantage of the Open Forum (*see below*) sessions to share ideas, demonstrate techniques, and establish collaborative relationships. Some of the topics

included were a positive immunity (AIDS and HIV+) pilot program; Hemi-Sync and blindness; accelerated learning; Hemi-Sync and natural-energy healing; Hemi-Sync in prisons; vision therapy; self-healing; and the global economy.

Two other features of the Seminar continue annually by popular demand and are offered to support the inner work of the members: the Personal Resource Exploration Program (PREP) sessions—customized Hemi-Sync experiences in the lab isolation booth—and the Hemi-Sync tape-day intensive, based on the GATEWAY format of guidance into progressively deeper levels of consciousness.

Concluding the week's journey through sharply analytical and highly intuitive sessions, the group was regaled by special guest entertainer, Anndrena Belcher. Anndrena, whose work has been recognized by the art commissions of Virginia, Tennessee, and Kentucky, blends the stories, music, and dance of the Appalachian Mountains into a performance both hilarious and haunting.

As members departed for home on Friday, July 27th, charged with enthusiasm and inspiration, plans were already being discussed for the 1991 gathering.

## **FEATURE PRESENTATIONS**

*The following articles summarize the feature presentations made at the 1990 Professional Seminar. These articles are all posted separately on the TMI website.*

### **HEMI-SYNC BRAIN WAVE CORRELATES TO KNOWN STATES OF CONSCIOUSNESS AS MEASURED IN CONVENTIONAL EEG STUDIES**

*by F. Holmes Atwater*

### **HEMI-SYNC® AND THE BRAIN ENTRAINMENT PROCESS: MYTH OR REALITY?**

*by Mohammad R. Sadigh, Ph.D.*

### **WHAT CAN CHAOS THEORY TELL US ABOUT CONSCIOUSNESS AND BRAIN FUNCTION?**

*By Glenn Pearce*

### **HEMI-SYNC® AND THE FACILITATION OF SENSORY INTEGRATION**

*By Suzanne Evans Morris, Ph.D.*

### **ACCELERATING CORPORATE CULTURE CHANGE THROUGH HEMI-SYNC**

*By Iris Martin, M.S.*

### **TEEN TAPES: A PILOT STUDY**

*Robert Sornson, Ed.S.*

### **HYPNOSIS, HEMI-SYNC®, AND HOW THE MIND WORKS**

*by Robert Rosenthal, M.D.*

### **STUDYING HEMI-SYNC® EFFECTS ON ANIMALS**

*by Helene N. Guttman, Ph.D.*

## OPEN FORUM

Complementing the feature presentations, open forum sessions provided opportunities for members to initiate discussion, offer lectures, and lead group exercises on an informal basis.

Mary Ellen Visconti, M.S.; and Patricia Leva Michael, R.N.; were unable to attend the seminar and submitted videotapes. Ms. Visconti, entrepreneur and creator of Visconti 2000: A Resource Center for Mind/Brain Fitness, in Cambridge, Massachusetts, provided a walking tour of her facility. "The Monroe Institute training and Hemi-Sync tapes were vital to the launching of Visconti 2000," she explained. The opening in October of 1989 was based on bringing together sound, light, and language, as they can be applied to the learning process.

Ms. Michael's videotape, entitled "Do You Think I Can See Like Normal People See? Hemi-Sync and Blindness," was specially produced for viewing at the seminar. Sally, a client of Ms. Michael's, blind from infancy, chronicles her use of Hemi-Sync to develop her "real sight," improve her physical health, and regain her eagerness for living. This sixty-four-minute video interview is available through Natural Learning Systems, Cleveland, OH 44139-2330.

James R. Greene, of Arlington, Virginia, reported on the development of a positive immunity pilot program utilizing Hemi-Sync tapes and techniques. "The target group for participation in the program," he explained, "is HIV-infected people who want to maintain and improve their immune system functions." Based on the response to his preliminary program, Mr. Greene plans to continue refining and offering "Positive Immunity," and has been asked to make a presentation at Georgetown University Hospital.

Susan Cord, director of South Bay Mind-Body Connection in Redondo Beach, California, guided the group through "Journey into Cellular Memory," a visualization exercise she designed. Using *Inner Journey* from the METAMUSIC® ARTIST SERIES to facilitate deep relaxation, Ms. Cord led participants through an age-regression experience to prebirth and back to the present. [For more information, see "Results of Use of Hemi-Sync Tapes and Synthesizer as Support for Personal Counseling and Therapy," by Susan Cord, HEMI-SYNC JOURNAL, SUMMER 1990, Vol. VIII, No. 3.]  
[Topics/Psychiatry-Psychology/Psychotherapy]

Pauline Johnson, M.S., presented an update on her work as a vision therapist in private practice using Hemi-Sync and other systems to treat dyslexia and vision problems. Ms. Johnson develops custom-tailored programs for each client. During her session, she shared many of the techniques she has found effective. [For more information, see

“Beyond 20/20,” by Pauline Johnson, BREAKTHROUGH, WINTER 1989, Vol. VII, No. 1.] [*Topics/ Perceptual Studies/Vision*]

ChowChow Imamoto, R.N., P.H.N., who offered a lecture on the “Radiance of Self-Healing,” has been a holistic health nurse in private practice for fourteen years. Demonstrating Jin Shin Jyutsu, a system of subtle body energy balancing, she provided noninvasive techniques which can be self-administered to stimulate balancing and healing. (Also see “Jin Shin Jyutsu and Hemi-Sync in the Treatment of Quadriplegia,” by ChowChow Imamoto, HEMI-SYNC JOURNAL, SPRING 1990, Vol. VIII, No. 2.) [*Topics/ Pathophysiology/Quadriplegia*]

Group discussions were initiated on the topics of accelerated learning, and Hemi-Sync in prison, led by Raymond Waldkoetter, Ph.D., and global economic crisis, led by Al Dahlberg, M.D., Ph.D.

## **SPECIAL PROJECT DEVELOPMENT**

Because the Professional Seminar brings members together from around the world, it offers a rare opportunity for face-to-face collaboration. Several members took advantage of this opportunity to propose, report on, and solicit participation for special projects.

Russ Russell, M.A., from Cambridge, England, described plans to develop a book compiling information on Hemi-Sync applications. This book, he said, will be for the lay person, and will define and promote Hemi-Sync as a tool in its own right. It will provide information on the uses of Hemi-Sync to a greater population than that addressed by the literature distributed by TMI. Mr. Russell intends to include an interesting, comprehensive overview of the technology, a reference list, anecdotal information, and “how-to” instruction relative to some application areas. Much of the material published in the HEMI-SYNC JOURNAL can be used as a basis for further development. Contributions are being solicited from scientists, philosophers, physicians, lawyers, meditators, educators, psychotherapists, and others. Mr. Russell will edit the contributions for readability in both the UK and the United States, as well as include chapters on his and Jill Russell’s work. Member response to the project was positive and several people expressed interest in contributing to the book.

The Russells are also involved in: testing the efficacy of translating TMI tapes into the East Indian dialect of Gujarati; spearheading the use of the *EMERGENCY SERIES* in a hospital in Scotland; pilot testing the Teen Tapes in England; and, coordinating a speaking engagement for Iris Martin at the Cambridge British and Scientific Community.

Susan Cord broached several project areas, including a series of pregnancy tapes. In collaboration with a pregnancy series previously initiated through TMI, she discussed the potential of Hemi-Sync as a tool for beginning life, and making the birth experience more comfortable and expansive. The Rebirthing process, a therapy aiding individuals to reconstruct their own birth experiences, can also be enhanced by Hemi-Sync. Ms. Cord proposed the development of special tape projects for both of these areas, as well as a program for hospice work, already commenced by members Jill and Russ Russell and Ruth Domin (deceased), which will address and support the needs of terminally ill patients and their families. Ms. Cord also declared her interest in participating in the Teen Tapes project and the pain management project (see below).

Bob Rosenthal, Ph.D., gave a report on the status of his proposed double-blind study on the use of Hemi-Sync as a treatment for chronic pain. In response to an inquiry letter sent to all Professional Division members working with chronic pain sufferers, he received responses from nine people who expressed interest in participating in a collaborative study. Initial work on a testing protocol, and the preparation of rating forms have been completed. Test tapes with and without Hemi-Sync can be produced for the study. The volunteer subjects will be drawn from the patient caseloads of the participating practitioners.

ChowChow Imamoto, R.N., P.H.N., discussed her interest in working with the *STROKE RECOVERY* series in the treatment of clients recovering from injuries.

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